

# Shepherd's Pie

Shepherd's Pie is an easy leftovers meal. A perfect dish for busy, low energy days. This is another place it in the oven, and let it cook without having to worry about stirring dish. Use gluten free mushroom soup for the thickener.

## Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1.5 hours later, when meal should be ready to eat

## Meal Adaptations:

### Physical Accommodations:

Long oven mitts

Oven rack puller

Frozen or canned vegetables can be used

### Visual Accommodations:

Colored chopping boards

Contrasting colored wooden spoon

## Potential Food Allergy or Intolerance:

Beef

Chicken

Mushrooms

Pepper

Potatoes

Sausage

Spices

Turkey

## Meatless Preparation Avoid:

Beef

Sausage

Turkey

Substitute with: \_\_\_\_\_

## Utensils:

Can opener

Wooden spoon

**Pan: 1 1/2 quart oblong with lid**

**Ingredients:**

**Meat: Choose 2 pounds of:**

**Ground beef, or**

**Ground turkey**

**Optional:**

**1/4 pound ground or crumbled sausage**

**Vegetables: Choose 2 of the following:**

**7.5 ounces of carrots**

**7.5 ounces of corn**

**7.5 ounces of green beans**

**4 ounces of mushrooms**

**1/4 cup of onions**

**7.5 ounces of peas**

**15 ounces of potatoes (diced, instant, or mashed)**

**Other ingredients:**

**Dash of salt**

**Spices such as pepper, to taste**

**Optional:**

**Dash of ginger**

**Preparation time: 10 minutes**

**Preparation:**

**Meat:**

**1. Place 2 pounds of burger in the oven safe pan.**

**2. Add 1 pound of sausage if desired**

**3. Heat it in the oven on 350 degrees until browned (about 20 minutes).**

**Vegetables (Choose 2):**

1. Open cans of vegetables:
  - 7.5 ounces of carrots
  - 7.5 ounces of corn
  - 7.5 ounces of green beans
  - 4 ounces of mushrooms
  - 1/4 cup of onions
  - 7.5 ounces of peas

**Combine:**

1. Bring the pan out of the oven and break up the burger.
2. Add 2 vegetables to the top:
  - 7.5 ounces of carrots
  - 7.5 ounces of corn
  - 7.5 ounces of green beans
  - 4 ounces of mushrooms
  - 1/4 cup of onions
  - 7.5 ounces of peas
3. Add:
  - Dash of salt
  - Spices such as pepper, to taste
4. Stir well.
5. Heap 15 ounces of real mashed potatoes, or potato flakes, on top.
6. And add a little water.
7. Optionally add a dash of ginger across the top of the potatoes.
8. Return pan to the oven for 1 hour cook time.

**Cook Temperature: 350 degrees**

**Cook Time: 1.5 hours**

**Servings: 6 to 8**

**Storage Solutions: Square containers in individual servings**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 3 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.